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Review

Inoperable colorectal liver metastases: A declining entity?

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ARTICLE INFO

Article history:

Received 5 June 2008

Received in revised form 14 July 2008

Accepted 17 July 2008

Available online 26 August 2008

Keywords:

Colorectal hepatic metastases

Ex vivo resection

Chemotherapy

Hepatic artery infusion

Radiotherapy

Ablation

ABSTRACT

Background: Untreated colorectal liver metastases (CLMs) have a dismal prognosis. Surgery remains the gold standard of treatment, but many patients will have inoperable disease at presentation. Until recently, the outlook for such patients was bleak. The purpose of this review was to report on available options in the treatment CLMs, which would be considered unresectable by conventional evaluation.

Methods: Inclusion criteria were articles published in English-language journals reporting on either retrospective or prospective cohorts of patients undergoing treatment for conventionally inoperable CLM. Main outcome measures were survival, resectability rates, morbidity and mortality following treatment of the patients' disease.

Results: Improved chemotherapy regimes and other innovative treatments have opened up new options for such patients and may even render conventionally inoperable disease resectable. The aim of treatment should be down-staging of metastases to achieve resectability, however, other treatments such as ablation may be also be used (either alone or in conjunction with resection).

Conclusion: A nihilistic attitude to the patient with seemingly inoperable liver metastases should be discouraged. Discussion of such patients at multi-disciplinary meetings is essential in order to plan and monitor treatments.

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1. Introduction

Colorectal cancer (CRC) is the second most common malignancy in the United Kingdom¹ and the third most common malignancy in the world.² It accounts for approximately 10% of all cancer-related death.¹ Early resection of primary lesions without distant spread gives an excellent prognosis, but many patients present with more extensive disease. The liver is the most common site for blood-borne metastases, particularly for malignancies arising in organs drained by the portal circulation. Despite continuing efforts towards early detection of colorectal cancer, up to 35% of patients

have hepatic disease at the time of operation for the primary lesion.^{3,4} A further 20% will develop hepatic lesions after resection of the primary tumour.^{5,6} The prognosis for untreated colorectal liver metastases (CLMs) is uniformly poor, with a median survival of less than 12 months and a 5-year survival rate of near zero.^{7,8} This progressive involvement of the liver from colorectal cancer may be the major or sole factor determining survival (NIH consensus 1990, Wood 1976, August 1985).

Surgical resection represents the only hope of cure for CLM and, though currently possible in only 15–25% of patients, yields 5-year survival rates approaching 30–50%.^{5,9–12} Incom-

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doi:10.1016/j.ejca.2008.07.028

plete resection of CLM is associated with the same prognosis as patients without resection.¹³

2. Methods

The purpose of this review is to report on treatments available in the treatment and assessment of CLM, which would be considered unresectable by conventional evaluation. A Pubmed-based web search was undertaken using the keywords colorectal hepatic metastases, unresectable, inoperable, *ex vivo* resection, chemotherapy, hepatic artery infusion, radiotherapy, staging and ablation. Inclusion criteria were articles published in English-language journals reporting on either retrospective or prospective cohorts of patients undergoing treatment for conventionally inoperable CLM. Main outcome measures were survival, resectability rates, morbidity and mortality following treatment of the patients' disease.

3. Factors determining resectability of crc hepatic metastases

The criteria determining the resectability of CLM have been continually evolving over the last 10 years due largely to the improvements in surgical technique and chemoradiotherapy advances. The aim of liver resection is to remove all macroscopic disease with negative resection margins and leave sufficient functioning liver,¹⁴ with preservation of vascular inflow and outflow. The acceptable residual functioning volume should be approximately 20% of the standard liver volume or the equivalent of a minimum of two segments¹⁴ in patients without normal liver parenchyma. This obligate functional volume has been estimated as 30–60% in patients with chemotherapy steatosis or hepatitis and 40–70% in cases of cirrhosis.¹⁵ Previously, the goal of margin status was a 1 cm clearance after the resection of CLM, following the previous reports that resection margins of greater than 1 cm were associated with better survival rates.^{16,17} However, there is emerging evidence that provided resection margins are microscopically free of tumour, an improvement in survival is still evident when compared to positive resections margins (64% versus 17% 5-year survival).^{18,19}

3.1. Tumour number

Previous studies evaluating long-term survival from CLM resection have cited tumour number as a poor prognostic indicator,^{16,17} and hence the presence of 4 or above lesions was traditionally seen as a relative contraindication to resection. Algorithms such as the risk score by Fong and colleagues have also incorporated the number of metastases in predicting outcome survival and outcome after resection.^{20–22} However, it is now clear that provided that negative resection margins can be achieved, survival is not affected by the number of CLM.²³ It has been postulated that this achievement is secondary to thorough intraoperative evaluation, including intraoperative ultrasound, to pick up any lesions not evident on pre-operative staging.²⁴ Hence, the number of CLM should not be regarded as a contraindication to resection, provided that the sufficient functional liver re-

mains post-operatively, although the presence of numerous liver lesions does negatively impact on long-term survival post-operatively.

3.2. Tumour size

A maximum tumour size of above 5 cm in diameter has been associated with a poorer survival,^{5,22,25} probably as a reflection of overall tumour burden. However, there is evidence that provided a negative resection margin can be achieved, even metastases as large as 8 cm can be removed with a long-term survival equivalent to smaller lesions.²⁶ Larger metastases can frequently make liver resection technically more difficult but do not represent an obstacle to surgery in terms of survival benefit.

3.3. Tumour location

Whilst formal data regarding tumour location and resectability rates are scarce, the position of a CLM near major inflow or drainage structures within the liver is indirectly a major determinant in influencing the probability of successfully resecting these lesions. Tumour location next to major vessels, such as the inferior vena cava, increases the technical difficulty of excision. Alternatively, tumour location near major inflow or drainage structures may compromise tumour resectability by influencing the volume of normal liver removed subsequent to sacrificing its blood supply. Bi-lobar metastases present difficulties for this reason also.

3.4. Extra-hepatic pulmonary disease

Resection of isolated pulmonary metastases from colorectal adenocarcinoma is now accepted treatment with a reported 5-year survival of approximately 40–50%^{27–30} and post-operative mortality of less than 1%.^{31,32} Data from patients undergoing resections for metachronous presentations of pulmonary and hepatic disease also display a survival advantage to be gained from aggressive resection or multiple resections in these patients, with median and 5-year survivals comparable to resection of isolated pulmonary metastases.^{33–35} Reports of resections after synchronous presentation of disease is more sparse, but most studies, with the exception of Nagakuri and colleagues³⁶ suggest that the presence of pulmonary metastases at the same time of presentation with CLM is not a contraindication to resection (Table 1).^{37–42} Synchronous presentation of CLM with pulmonary metastases has been shown to have no difference in survival following resection when compared to metachronous disease.^{43,44}

Prognostic factors for long-term survival following resection of pulmonary metastases include the presence of thoracic lymph node involvement and elevated carcinoembryonic antigen levels (CEA),^{45–47} with some studies also reporting the number and laterality of pulmonary metastases to predict poor survival.^{28,42,47} However, bearing these considerations in mind, the presence of limited pulmonary extra-hepatic disease, which is amenable to curative resection, is not a contraindication CLM resection. The timing of which resection should be undertaken first varies from centre to centre. By undertaking CLM resection first, un-suspected abdominal

Table 1 – Median and yearly survival following resection of synchronous CLM and hepatic metastases

Study	Year	Number of patients	Mortality	Yearly survival (%)				Median survival (months)	Follow-up (months)
				1 Year	2 Year	3 Year	5 Year		
Joosten et al. ³⁷	2008	39	–	–	81	–	20	13	38
Lee et al. ³⁸	2007	32	0	–	–	–	60.8	44.3	–
Tsukioka et al. ²⁰⁴	2007	23	–	–	–	–	38	–	26
Miller et al. ³⁹	2007	31	–	91	–	31	19	39.6	79
Takahashi et al. ⁴⁰	2007	30	0	–	–	–	58	–	–
Reddy et al. ⁴¹	2004	26	3.8	–	–	–	–	34.7	23.3
Nagakura et al. ³⁶	2001	10	Multivariate analysis showing that sequential detection strongest independent prognostic factor for survival				0	–	94
Median and yearly survival figures for stratified risk groups, based on prognostic markers.									

extra-hepatic metastases may be discovered which would preclude pulmonary resection. Additionally, since pulmonary function does not fully recover following resection (unlike liver function) CLM resection should probably be first undertaken followed by thoracotomy.⁴⁸

3.5. Extra-hepatic lymph node disease

Various studies have reported on the prognostic effect of micro-metastases to hilar lymph nodes following hepatic resection. For the purpose of this review, the focus lies on whether macroscopic disease evident within hilar lymph nodes should be a contraindication to hepatic resection. It is well accepted that any microscopic or macroscopic lymph node involvement negatively impacts on long-term survival.^{49–52} As a consequence of this, many early studies considered hilar lymph node involvement as definite contraindication to CLM resection.¹⁶ A systematic review by Rodgers and McCall examined the results of 15 studies reporting on survival rates following resection of CLM.⁵³ 145 patients from these studies had involved hilar lymph nodes macroscopically at the time of resection with only 5 of these alive at 5-years and only one with definite disease-free survival.⁵³ It would seem that the probability of achieving a curative resection with macroscopic lymph node involvement is low. Despite this, it may be that a survival benefit could be achieved even with macroscopic hilar lymph node disease, although the proportion of patients who would actually benefit is low. The location of involved lymph nodes must also be considered before undertaking CLM resection. Patients with hilar lymph node metastatic disease involving the hepatoduodenal or retro-pancreatic area are more likely to achieve long-term survival than patients with hepatic artery/celiac axis nodes (38% 3-year survival versus 0%).^{54,55} At present then, it would appear that hilar lymph node involvement remains a relative contraindication to CLM resection.

3.5. Extra-hepatic peritoneal metastases and other metastases

Surgical resection combined with intraperitoneal chemotherapy for isolated peritoneal colorectal metastases has been re-

ported by a randomised controlled trial with a suggested improvement in survival when compared to systemic chemotherapy alone (median survival of 22.3 and 12.6 months, respectively).⁵⁶ Whilst peritoneal invasion due to direct invasion of adjacent structures of a CLM would not be considered a contraindication to resection, provided that R0 resection margins could be achieved, the presence of distant peritoneal metastases has a very different outlook. A five-year survival of up to 32% has been reported following the resection of CLM and extra-hepatic metastases, although this survival represents a wide range of extra-hepatic disease ranging from pulmonary, hilar lymph node and peritoneal disease, as well as distant organs.⁵⁷ A study examining 61 patients undergoing CLM resection combined with cyto-reduction and intra-peritoneal chemotherapy found an overall and disease-free survival of 19% and 10%, respectively.⁵⁸ However, combined resection of CLM and peritoneal disease is not the standard of care and as such the presence of this combined disease would be considered by most centres as a contraindication to attempted resection.

4. Pre-operative chemotherapy and down-staging

Chemotherapy is being increasingly used as a method of down-staging tumours in an attempt to reduce tumour volume to a size where resecting them may be considered. Chemotherapy alone will not completely eradicate CLM in general. Complete pathological responses have been reported but these are relatively rare with a complete response rate of approximately 7%.^{59,60} Chemotherapy alone (particularly combination chemotherapy including oxaliplatin, irinotecan, oxaliplatin and leucovorin) has led to response rates of between 39% and 66% and median survivals of 14–26 months.^{61–67} Hence, attempting a subsequent liver resection, in those patients who are suitably down-staged, must be carefully evaluated in terms of survival benefit versus surgical risk.

A number of regimens have been described in down-staging CLMs including systemic conventional therapy and regional intra-arterial chemotherapy, sometimes used in combination with other techniques to increase tumour vol-

Table 2 – Survival following surgical resection of CLM made resectable after down-staging systemic chemotherapy

Study	Year	Number of patients	Regimen	Additional agents	Response rate (%)	Resection rate (%)	Median survival (months)	1-Year survival (%)	2-Year survival (%)	3-Year survival (%)	5-Year survival (%)
Adam et al. ⁷⁸	2007	151	Irinotecan ± oxaliplatin	Cetumixab	–	7	20	–	–	–	–
Masi et al. ⁷²	2006	74	FOLFIRIFOX	–	71.6	25.5	–	–	–	–	–
Folprecht et al. ⁷⁷	2006	20	5-FU and Irinotecan	Cetumixab	–	20	–	–	–	–	–
Ho et al. ⁶⁸	2005	40	FOLFIRI	–	55	10	Patients remained alive at mean follow-up of 33 months	–	–	–	–
Alberts et al. ⁶⁹	2005	42	FOLFOX4	–	59.5	33.3	26 _{DF}	–	–	–	–
Pozzo et al. ⁷⁰	2004	40	FOLFIRI	–	47.5	32.5	14.3 _{DF}	–	–	–	–
Adam et al. ⁷³	2004	1104	Varying	–	12.5	12.5	39	–	–	52	33
Adam et al. ⁷⁴	2001	701	FOLFOX	–	–	13.6	36	–	–	–	34
Giacchetti et al. ⁷¹	1999	151	FOLFOX	–	58.9	38.4	48	–	–	–	50
Bismuth et al. ⁷⁵	1996	53	FOLFOX	–	–	16.1	–	–	–	–	40
Fowler et al. ⁷⁶	1992	11	5-FU, Lecovarin	–	–	–	15 patients disease free at 15, 18 and 31 months	–	–	–	–

DF = Disease free.

FOLFIRIFOX = Oxaliplatin and 5-FU modulated by leucovorin.

FOFOX = 5-FU, leucovorin oxaliplatin and irinotecan.

FOLFIRI = 5-FU, leucovorin and irinotecan.

a Cohort of patients with resistance to standard chemotherapy.

ume such as portal vein embolisation or tumour embolisation.

4.1. Systemic conventional chemotherapy

Assessing the efficacy of down-staging chemotherapy for inoperable CLM must take into account both the resectability rates following therapy, i.e. the conversion rate from inoperable CLMs to operable ones, and the survival following resection. Resectability rates are confounded by tendency of studies to differ in their cohort analysis. Some reports will only include patients who are deemed inoperable due to tumour burden within the liver, whereas other studies will include a broader range of patients, including those with extra hepatic disease. Whilst down-staging to resectable disease is presumably not an uncommon event in clinical practice, few large-scale studies describing their experience with these patients are evident in the literature. Table 2 summarises the relevant data from Refs. ^{68–76}. Five-year survival following surgery has been reported as between 30% and 60%, with overall median survival of approximately 30 months and a disease-free median survival of 14–26 months.^{68–76} Clearly salvage surgery after chemotherapy has the potential to achieve long-term survival in some patients, but the survival range overlaps significantly with upper-end of survivals reported with chemotherapy alone, hence patient selection for this approach is critical.

4.2. Advances in chemotherapy agents

The development of new anti-cancer compounds has offered further possibilities to down-stage CLM to a stage where resection may be considered. Cetuximab is a monoclonal antibody directed against epidermal growth factor receptor (EGFR) leading to apoptosis, inhibition of cell growth and angiogenesis.⁷⁷ Early data suggest that the addition of such new agents may render a further sub-group of patients operable (Table 2),^{77,78} even those refractory to conventional chemotherapy regimens.⁷⁸ EGFR triggers two signalling cascades involved in cell proliferation (MAPK or PDK1-AKT pathways)⁷⁹ and there is emerging evidence that K-RAS mutations are associated with resistance to cetuximab therapy probably via activation of the MAPK pathway downstream from the point of action of cetuximab.⁸⁰ The implication of these findings is that it may be possible to select patients most likely to gain benefit from cetuximab chemotherapy, dependent on their RAS status and that chemotherapy targeted along several points of the EGFR and RAS/MAPK signalling pathways may maximise tumour response to these novel chemotherapeutic regimens.

Other agents have also shown promise in increasing response rates when used as combination treatments for patients with refractory disease to standard chemotherapy regimens, and could be used to increase the number of patients achieving sufficient down-staging to undergo resection. Bevacizumab is a monoclonal antibody targeting vascular endothelial growth factor (VEGF). Treatment with VEGF has resulted in response rates for 45–70% when combined with other conventional chemotherapy agents.^{81,82} In addition, there are growing data that it is well tolerated, safe to use

prior resection surgery and may reduce the incidence of severe hepatic injury associated with conventional chemotherapeutic regimes.^{83,84}

4.3. Regional chemotherapy ± chemoembolisation

Randomised trials have shown that hepatic arterial infusion therapy for unresectable hepatic metastases may result in improved survival rates than systemic therapy with 5-FU alone⁸¹ and may also lead to improved quality of life in these patients.⁸² The conversion rate to resectability is variable across the studies but would appear overall to be lower than after systemic chemotherapy (despite occasional reported resectability rates of up to 54% (Table 3).^{83–90} Data on long-term survival are sparser than with systemic chemotherapy, but there appear to be similar 5-year survival rates of between 30% and 50% (Table 3). Despite the potential efficacy of hepatic arterial infusion therapy, technical problems have been reported such as thrombosis, catheter dislodgments, hepatitis, biliary sclerosis and duodenal ulceration, which may occur in up to 50% of treated patients.⁹⁰

5. Pre-operative radiotherapy

Due to the liver's poor tolerance to radiation, radiotherapy has had a limited role in the management of CLM. However, better targeting systems such as three-dimensional conformal radiation treatment planning⁹¹ and improved delivery systems such as injectable microspheres have reawakened interest in this modality of treatment.⁹² Such forms of therapy are applicable in patients with extensive disease limited to the liver and no extra-hepatic disease. Response rates following selective internal radiation therapy have been reported from 13% to 35% on computed tomography (93.94), although 18F-fluorodeoxyglucose positron tomography suggests a better response rate than the rate of around 70–80%.⁹⁴ In spite of these response rates, only one article was found reporting down-staging of CLMs to the point where surgical resection was achievable in 2 of 20 (10%) patients treated with yttrium-90 microspheres. This particular cohort of patients also received concomitant treatment with oxaliplatin, fluorouracil and leucovorin chemotherapy⁹⁵ making interpretation of the efficacy of internal radiotherapy in rendering inoperable CLMs operable problematic.

6. Surgery

Increasing experience and surgical confidence in hepatic resections has led to a radical re-definition of what constitutes inoperable disease. This change in attitude is most marked in radical liver resections pushing the envelope of what is technically possible in patients.

6.1. Two-stage liver resection

Two-stage hepatectomy has been proposed for patients with bi-lobar disease, whereby the volume of liver requir-

Table 3 – Survival following surgical resection of CLM made resectable after down-staging with hepatic arterial infusion chemotherapy

Study	Year	Number of patients	Regimen	Additional intervention	Response rate	Resection rate	Median survival (months)	1-Year survival (%)	2-Year survival (%)	3-Year survival (%)	5-Year survival (%)
Iguchi et al. ⁸⁷	2008	21	5-FU	–	–	–	386 d	–	–	–	–
Del Freo et al. ^{a,88}	2006	21	Oxaliplatin and 5-FU	–	5% complete response 19% partial response	9.5	–	–	–	–	–
Selzner et al. ⁸⁹	2006	11	Fluoridine	Portal vein ligation	–	54.5	20	–	–	–	–
Miyazaki et al. ⁹⁰	2002	64	Fluoridine	–	–	25	–	–	–	–	35.1
Clavien et al. ⁹¹	2002	23	Fluorodeoxyuridine	–	40%	26	100	–	–	50	–
Meric et al. ⁹²	2000	383	5-FU or Fluorodeoxyuridine and leucovorin/mitomycin	RFA	–	4.4	9 _{df}	83	–	–	–
Link et al. ⁹³	1999	74	5-FU ± mitomycin	–	–	12	–	–	–	–	–
Elias et al. ⁹⁴	1995	196	5-FU, mitomycin C or 5-FU-priubicin	Portal vein embolisation	–	4.6	–	–	–	–	55.6

RFA = Radiofrequency ablation.

DF = Disease free.

a Pre-treated with systemic chemotherapy.

Table 4 – Results following two-stage hepatectomy for colorectal liver metastases

Study	Year	Number of patients	Additional intervention	Mortality (%)	Percentage undergoing second resection	Follow-up (months)	Median survival (months)	1-Year survival (%)	2-Year survival (%)	3-Year survival (%)	5-Year survival (%)
Chun et al. ¹⁰²	2007	21	PVE	0	–	25	–	95	–	86	–
Lygidakis et al. ¹⁰³	2007	32	PVE, MWA & HAI	–	–	31	28 ^a	70 ^{DF}	–	51 ^{DF}	–
Togo et al. ¹⁰⁴	2005	11	–	0	–	–	18	100	–	80	–
Jaeck et al. ¹⁰⁵	2004	33	PVE and RFA	0	75.7	–	–	90	–	45	–
Garcea et al. ¹⁰⁶	2004	11	–	0	90.9	13	17 ^a	70	–	54.4	–
Shimada et al. ¹⁰⁷	2004	12	PVE	0	–	–	–	–	–	–	–
Adam et al. ¹⁰⁸	2000	16	–	0	81	–	31	–	–	35	–

PVE = Portal vein embolisation/ligation.
DF = Disease free.
MWA = Microwave ablation (bridging measure for tumours left in).
HAI = Hepatic intra-arterial chemotherapy.
RFA = Radiofrequency Ablation.
^a Mean survival.

ing resection to clear all disease would impinge on remnant liver function. Due to the liver's ability to regenerate, it is possible to resect or 'clear' one lobe of the liver, followed by a second procedure to resect the remaining metastases once the liver has regenerated. There is evidence that two-stage hepatectomy preserves more functioning liver than a one-stage hepatectomy with pre-operative portal vein embolisation.⁹⁶ A major problem encountered with this approach is disease progression whilst awaiting second resection. Progression rates have been reported as being as high as 46.7% (from a series including a range of tumours including hepatocellular carcinoma),⁹⁷ although most studies report second hepatectomy rates of between 80% and 90% (Table 4).^{98–104} For those patients achieving a second resection, 3-year survival rates are good at 35–86% (Table 4).

Two-stage hepatectomy is often provided with a number of other therapeutic interventions including portal vein embolisation (in an attempt to suppress tumour growth in the lobe with remaining metastases whilst stimulating growth in the operated lobe)^{98,99,101,103} or ablation of remaining lesions to control tumour growth in the liver remnant as a bridging measure to second hepatectomy.^{99,101} All studies examined employed either systemic or regional chemotherapy, in addition to surgery. Technical considerations in undertaking two-stage resections include whether to take the larger volume of liver at first hepatectomy or undertake the smaller resection first. Approaches vary from centre to centre. The authors approach is to undertake the lesser resection first since it has been shown that liver regeneration can stimulate tumour metastases growth.¹⁰⁵

6.2. Tumours invading the inferior vena cava

It was previously considered that involvement of the inferior vena cava (IVC) by a tumour was a contraindication to resection. However, techniques such as total vascular exclusion of the liver has enabled resection of CLMs combined with resection of the IVC, with an acceptable mortality of between 4% and 11% and 5-year survival of up to 38.3%.^{106–109} However, survival data for these series are confounded by the inclusion of all types of liver tumours and not just CLMs. IVC resection can be considered, provided there is a good expectation of an R0 resection and suitable expertise exists at the treating centre. However, only a select number of patents would be suitable for this procedure.

6.3. Ex vivo liver resection

Ex vivo liver resection refers to the removal of liver from its anatomical attachments, vascular inflow and drainage followed by resection of the target lesion. The liver is then auto-transplanted back into the patient.^{110–112} A modification of this technique involves complete mobilisation and exteriorisation of the liver without transection of the hepatic pedicle.¹¹³ The increased exposure and bloodless field, thus created, allows for the resection of awkwardly placed and large hepatic lesions. Ex vivo liver resection has frequently been utilised in resection of liver tumours involving the IVC with a reported mortality of 9–25% in more recent reports.^{107,114} No large-scale data on survival following this

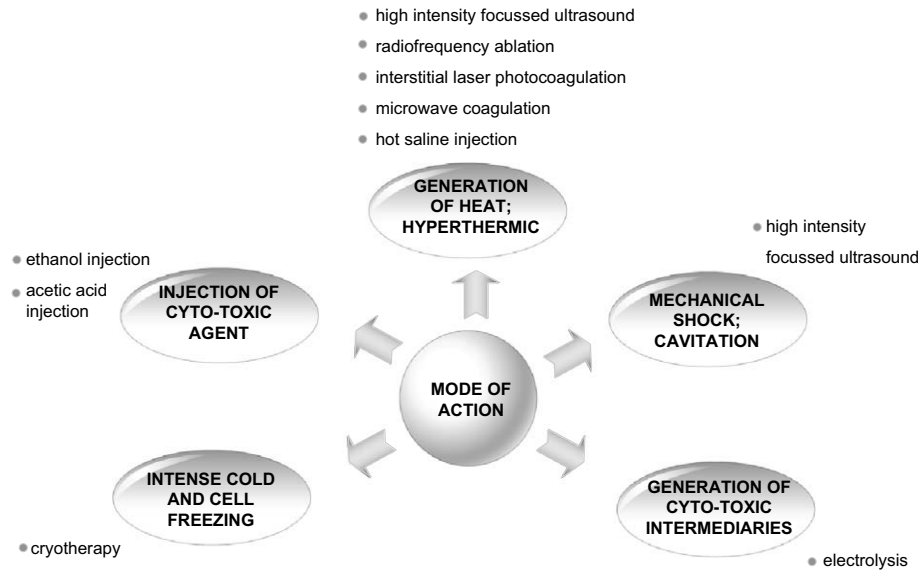


Fig. 1 – Main focal liver ablative techniques, and main mechanism of action.

technique specifically for CLMs exist in the literature. Isolated individual survivals of up to 30 months have been reported.¹¹⁴ The number of patients who would be eligible for such surgery is few, and at present, *ex vivo* liver resections are performed only in a handful of institutions world-wide.

7. Increasing liver volume

7.1. Pre-operative portal vein embolisation

Portal vein embolisation (PVE) involves obliterating portal vein inflow in an attempt to induce atrophy the diseased lobe of the liver with compensatory hypertrophy in the non-diseased side. This can be achieved via percutaneous methods under fluoroscopic guidance using materials such as coils, thrombin or gelatine microspheres.¹¹⁵ Alternative portal vein embolisation may be achieved at laparotomy, such as during as a two-stage hepatectomy, via ligation of the appropriate branch of the portal vein.⁹⁸ Portal vein embolisation has been shown to increase liver volume by 8–16%, although this increase is dependent on underlying liver function^{116–118} and is relatively well tolerated.¹¹⁷ In the context of this review, PVE is used as part of a multi-disciplinary approach.

8. Ablation

The attraction of focal ablative techniques in patients unsuitable for resection surgery is that they allow the destruction of the tumour deposits whilst preserving as much functional liver tissue as possible. Tumour destruction is achieved by injection of cytotoxic or corrosive agent such as percutaneous ethanol or acetic acid injection (PEI, PAAI); indirect generation of cytotoxic intermediaries such as electrolysis; heating such as radiofrequency ablation (RFA), interstitial laser photocoagulation (ILP), hot saline injection, microwave coagulation therapy (MCT); mechanical shock or cavitation high intensity

focused ultrasound (HIFU) or freezing such as cryoablation (Fig. 1). PEI and PAAI have been mainly utilised for the treatment of hepatocellular carcinomas. For this review, the main techniques of ablation used in the management of CLMs clinically will be examined.

8.1. Radiofrequency ablation (RFA)

Radiofrequency ablation (RFA) is an electrosurgical technique utilising high frequency alternating current to heat tissues leading to thermal coagulation. When cells are heated above 45 °C, cellular proteins denature and cell membranes lose their integrity as their lipid component melts.¹¹⁹ It is currently one of the most widely used ablative methods, with more than 80 publications describing the results of RFA in primary liver tumours and colorectal hepatic metastases Percutaneous RFA has been described under general or local anaesthesia,^{120,121} along with a laparoscopic approach.¹²²

Significant confounding factors in the evaluation of RFA are the short follow-up times and the difficulty in assessing the presence of viable tumour in the surrounding tissue following ablation. Factors which determine survival following RFA include the location of tumours (centrally placed tumours have a higher recurrence), tumour number and tumour size (>4–5 cm). These factors probably relate to the efficacy of achieving complete tumour eradication, if the tumour burden is very high or if the access is technically difficult.^{123–126} Analysis of the long-term efficacy of RFA is made difficult by the tendency of studies to report their series incorporating both metastatic lesions and primary hepatocellular cancers together. In addition, early studies in particular tended to report on local recurrence rates, rather than long-term survival following treatment. More recently studies with a longer follow-up have been published revealing 3- and 5-year survival of up to 50% and 30%, respectively, with an acceptable mortality of around 0–2% (Table 5).^{123,127–142} One of the largest series of RFA for CLM published in the literature

Table 5 – Outcome after radiofrequency ablation for colorectal hepatic metastases

Study	Year	Tumour size (cm)	Number of patients	Mortality (%)	Median survival (months)	1-Year survival (%)	2-Year survival (%)	3-Year survival (%)	5-Year survival (%)	Median follow-up (months)	Local recurrence rate (%)
Siperstein et al. ¹⁴³	2007	3.9	235	–	28	–	–	–	18.4	24	–
Abitabile et al. ²⁰⁵	2007	–	47	0	39	88	80	57	–	33	8.8
Machi et al. ¹⁴⁰	2006	–	100	0	28	90	42	–	30.5	–	–
Suppiah et al. ¹⁴⁵	2007	3.1	30	–	23.2	–	–	–	–	22	–
Navarra et al. ¹⁴¹	2005	–	38	0	–	72.5	–	52.5	–	18.1	–
Miyamoto et al. ¹⁴¹	2004	5.2	4	0	–	–	–	–	–	12.7	n = 1
Kuvshinoff et al. ¹²⁷	2002	4.0	34	0	4 _{DF}	–	–	–	–	12	–
Kosari et al. ²⁰⁶	2002	3.2	18	49% of patients with progressive hepatic disease						19.5	7.7
Ianitti et al. ¹³⁶	2002	5.2	52	0	–	–	–	–	–	20.0	–
Elias et al. ¹³⁵	2002	2.1	29	–	–	88	55	–	–	14.0	9.0
Machi et al. ²⁰⁷	2001	3.6	25	1.7	–	–	–	–	–	20.0	8.8
Chung et al. ¹³¹	2001	2.6	6	41% remain free of disease at time of writing; 22% alive with disease; and 37% died with disease						14.0	15.0
De Baere et al. ¹³⁴	2000	0.5–4.2	68	–	–	–	–	–	–	13	9
Scudamore et al. ¹⁴¹	1999	–	10	–	–	–	–	–	–	10	2.2
Pearson et al. ¹⁴⁰	1999	3.6	46	2	–	–	–	–	–	15.0	14.0
Jiao et al. ²⁰⁸	1999	–	17	–	–	–	–	–	–	10.0	0.0
Cushieri et al. ¹³²	1999	15.0	8	–	–	–	–	–	–	13.0	1.8
Curley et al. ¹³³	1999	3.4	61	0	27.6% with disease progression						5.0
Rossi et al. ¹⁴⁷	1998	2.9	14	–	–	–	–	–	–	10.0	12.0
Lencioni et al. ¹⁴⁶	1998	1.3–5.1	24	–	–	–	–	–	–	6.5	34.0
Solbiati et al. ¹⁴⁹	1997	1.3–5.1	22	–	–	–	–	–	–	12.0	5.0

DF = Disease free.

Table 6 – Outcome after microwave ablation for colorectal hepatic metastases

Authors	Year	Number of patients	Lesion size in cm (mean, range)	% Lesions with complete ablation	Local recurrence (%)	Survival rate (%)				
						1-Year survival	2-Year survival	3-Year survival	4-Year survival	5-Year survival
Kuang et al. ¹⁵⁹	2007	24	2.7	93.2	5.3	–	–	–	–	–
Tanaka et al. ¹⁶⁰	2006	35	0.79	–	37.5	80	–	51	17	–
Liang et al. ¹⁶¹	2003	149	3.1	–	13.5	91.4	59.5	46.4	29	29
Shibata et al. ¹⁵⁹	2000	58	4.2	–	–	71	57	14	–	–
Seki et al. ¹⁵³	1999	15	2.14	86.7	0	Median survival = 24 months				
Beppu et al. ²⁰⁹	1998	40	–	80	33	–	–	38	–	33
Matsukawa et al. ¹⁶³	1997	7	3.4	–	–	83.1	68.7	–	–	–

a Includes resectable lesions.

so far revealed a 5-year of survival of 18.4% using combination RFA and chemotherapy versus 0% using chemotherapy alone.¹⁴³ These improvements in survival have been helped better radiological imaging techniques which have improved accuracy of localising lesions and in subsequent follow-up to determine local tumour progression. In particular, the advent of combined positron emission tomography and cross-sectional topography (PET/CT) has increased sensitivity for local progression, allowing earlier re-intervention.^{144,145}

8.2. Microwave Ablation (MWA)

Since its introduction in 1979 by Tabuse,¹⁴⁶ Microwave Coagulation Therapy (MCT) has been used at laparotomy,¹⁴⁶ laparoscopically,¹⁴⁸ percutaneously¹⁴⁹ and thoroscopically.¹⁵⁰ MCT is another hyperthermic technique relying on the conversion of energy to heat, to destroy tumours. Larger ablated lesions can also be achieved by selectively blocking the blood flow to the liver.^{150–152} Both hepatic artery and venous occlusion result in larger lesion, but venous occlusion appears to have a greater effect on lesion size than arterial occlusion alone.¹⁵³ Multiple microwave probes have been used successfully to result in synergistically larger zones of coagulation necrosis.¹⁵⁴ Table 6 summarises the data for microwave ablation and colorectal hepatic metastases, with 3-year survival similar to that achieved with RFA.^{119,155–159}

8.3. Laser Photocoagulation

Interstitial Laser Photocoagulation (ILP) is another method of causing tissue destruction by heating, thereby inducing coagulative necrosis. ILP was introduced by Bown in 1983 and involves local delivery of laser light via the use of flexible fibers. The biological response of tissue following the absorption of laser light results in several different thermal effects. At 40–45 °C, heating and enzyme denaturation occurs. At temperatures of 60–140 °C, cell shrinkage, hyperchromasia, membrane rupture and protein denaturation result. At higher temperatures, from 300 to 1000 °C, vapourisation and carbonisation occur.^{160–165}

As with other ablative techniques, long-term survival data are relatively under-reported, with most studies concentrating on short-term survival and local recurrence following ablation (Table 7).^{167–178} However, a 5-year survival of up to 30% appears achievable with ILP,^{170,171} whilst local recurrence rate would appear to be influenced by tumour size (with larger tumours at increased risk of local recurrence).¹⁷⁰ Major complications are infrequently reported following ILP, although pain and fever are common. Other minor complications are pleural effusion, subcapsular haematoma, paralytic ileus and one case of gastric haemorrhage.^{179,180} ILP appears to be a well-tolerated procedure, with a complication rate of approximately 4.7% and mortality rate of 0.3% in over 2,500 ILP procedures.¹⁸¹

8.4. Cryotherapy

Cryotherapy involves rapid freezing of tissue to sub-zero temperatures which results in ice formation in the extracellular space and cellular damage by dehydration and destruction of normal cellular structures.¹⁸² Ice balls of 4.9 × 2.2 × 2.2 cm

Table 7 – Outcome after interstitial laser photocoagulation for colorectal hepatic metastases

Group and year	Year	Additional procedures	Number of patients	% of Tumours in which full necrosis achieved	Median survival (months)	1-Year survival	2-Year survival	3-Year survival	5-Year survival	Local recurrence rate (%)
Ritz et al. ¹⁶⁷	2007	Microembolisation of Hepatic artery or Pringle	56	–	–	–	–	–	–	Tumour recurrence in 6 patients
Pacella et al. ¹⁶⁸	2006	–	44	61	12.7	–	–	–	–	–
Chrisophi et al. ¹⁶⁶	2004	–	80	–	24.6	–	–	–	3.5%	–
Vogl et al. ^{a, 170}	2004	–	603	–	3.5 Years	94%	77%	56%	37%	^b 2 cm = 1.9% 2.1–3.0 cm = 2.4% 3.1–4.0 cm = 1.2% >4.0 cm = 4.4%
Vogl et al. ^{c, 171}	2003	TACE	82	–	26.2	–	–	–	–	–
Vogl et al. ¹⁸¹	2001	–	376	–	–	63% at 28 months		–	–	5.0
Shankar et al. ¹⁷²	2000	–	19	–	16	–	–	–	–	–
Gillams and Lees ¹⁷³	2000	–	69	–	–	–	–	–	22%	–
Giorgio et al. ¹⁸⁰	2000	–	27	77	–	–	–	–	–	–
Caspani et al. ¹⁷⁴	1997	–	20	77.5	–	–	–	–	–	–
Gillams et al. ¹⁷⁵	1996	–	55	16	–	–	–	–	–	–
Tranberg et al. ¹⁷⁶	1996	–	7	42	–	–	–	–	–	50
Amin et al. ¹⁷⁷	1993	–	22	52	–	–	–	–	–	–
NØlsoe et al. ¹⁷⁸	1993	–	11	75	–	–	–	–	–	36

TACE = Transarterial chemoembolisation.

a Series includes patients unfit for surgery and refusal to undergo surgery, as well as inoperable metastases (18.5% of all patients).

b Tumour size and local recurrence rate.

c Series includes hepatic metastases from other primaries, including breast.

Table 8 – Outcome after cryotherapy for colorectal hepatic metastases

Group	Year	Number of patients	Method of delivery	Median survival (months)	Local recurrence (%)	1 Year (%)	2 Year (%)	3 Year (%)	5 Year (%)
Ruers et al. ¹⁸⁴	2007	45	Laparotomy	31	–	–	56	–	27
Brooks et al. ^{a185}	2005	86	Laparotomy	–	–	86	–	43	19
Seifert . ^{b186}	2005	25	Laparotomy	–	–	–	–	–	26
Seifert et al. ^{b187}	2004	40	Laparotomy	29	20	–	–	44	26
Mala et al. ¹⁸⁸	2004	19	16 Percutaneously 5 Laparotomy 3 Laparoscopically	–	44	–	48	–	–
Yan et al. ^{a189}	2003	172	Laparotomy	28	–	89	65	41	19
Rivoire et al. ^{a190}	2002	24	Laparotomy	39	–	94	–	58	37
Seifert et al. ¹⁹¹	2002	65	Laparotomy	28	20	–	–	38	30
Sheen et al. ¹⁹²	2002	57	Laparotomy	22	–	–	–	–	–
Shimonov et al. ¹⁹³	2002	10	Laparoscopy	32	–	–	–	–	–
Ruers et al. ¹⁹⁴	2001	30	–	32	–	–	61	–	–
Bilchik et al. ¹⁹⁵	2000	180	–	28	22.8	–	–	–	–
Chung et al. ¹⁹⁶	2001	14	Laparotomy	42	–	–	–	–	–
Seifert et al. ¹⁹⁷	2000	49	Laparotomy	29	16	–	–	–	–
Junginer et al. ¹⁹⁸	1998	29	Laparotomy	–	24	–	–	–	–
Weaver et al. ¹⁹⁹	1995	43	Laparotomy	26	–	62	–	–	–
Hewitt et al. ²⁰⁰	1998	20	Laparotomy	32	35	88	60	–	–

a Cryotherapy combined with liver resection and hepatic artery chemotherapy.

b Cryotherapy combined with liver resection.

can normally be produced with one cryoprobe;¹⁸³ however, with the use of multiple probes these ablated lesions can be increased to $6.0 \times 4.9 \times 5.6$ cm.¹⁸⁴

Interpretation of survival data for cryotherapy is confounded by many studies reporting their survival following

a combination and liver resection. However, this probably reflects the evolution of treatment strategies that optimise the options for patients whose CLMs would be inoperable if resection alone was considered. Since cryotherapy has been in wide-spread clinical use for longer than many of

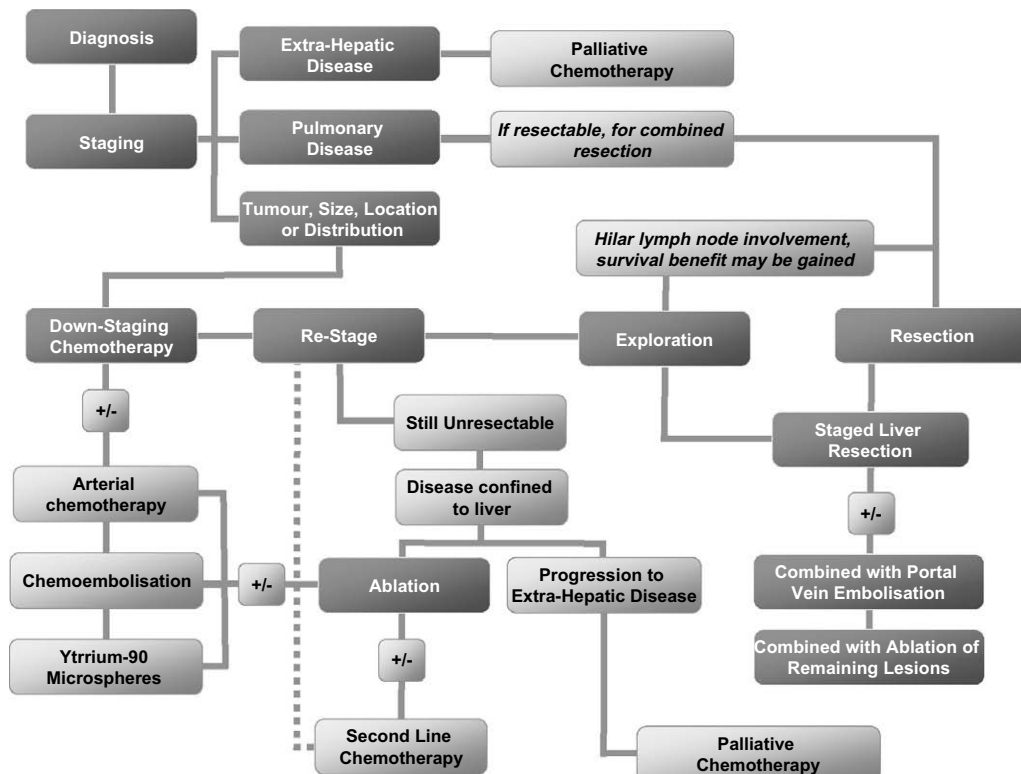


Fig. 2 – Suggested algorithm in the evaluation and treatment options of 'inoperable' liver metastases.

the other ablative methods, there is a greater proportion of long-term survival data in the literature suggesting that survival of up to 30% at 5 years is possible with a combination of chemotherapy, cryotherapy and hepatic resection (Table 8).^{184–200}

The overall complication rate following cryotherapy has been reported at 27% with a post-procedure mortality of 0 to 1.4%.^{184–200} Haemorrhage may occur following cryotherapy, usually because of cracking of the liver parenchyma during freeze-thaw cycles. This bleeding is exacerbated by the transient thrombocytopenia and coagulopathy following cryotherapy.²⁰¹ Perhaps the most feared complication following cryoablation is the phenomenon of cryoshock. This appears to be a systemic inflammatory response that complicates 1% of all cryotherapy procedures with a mortality rate of 18.2%.²⁰²

No randomised controlled trials exist in the literature comparing ablation therapies with other modalities such as staged resections or systemic chemotherapy alone. A study by Ruers and colleagues compared outcomes in three groups of patients; those undergoing radical resection, those who were found at laparotomy to have unresectable disease amenable to ablation and those with unresectable disease unamenable to ablation.¹⁹⁴ As expected, the cohort patients undergoing radical resection had the best survival, but their results suggested that disease-free survival was improved in those undergoing ablation when compared to chemotherapy alone (although the results did not achieve statistical significance) (31 and 26 median survival, respectively), with an improved quality of life.¹⁹⁴ Other experimental technologies are currently under evaluation, such as electrolysis which are not reliant on heat or cavitation-induced tissue destruction, but rather on free-radical formation.²⁰³

The main limitation to all ablative methods discussed is a loss in efficacy for larger tumours and near major portal or biliary structures. The “heat-sink” effect caused by flow within these major vessels results in a loss in tumour-killing capability and, in addition, ablation near these areas may also carry risk the injury to the vessels themselves. Many CLMs, as discussed in the intervening paragraphs, are frequently conventionally inoperable as a combination of size and location. Hence, the role of ablation would have to be considered a second choice to attempted resection.

9. Conclusion

Although promising, there are currently a bewildering number of therapeutic options available for patients with seemingly inoperable CLMs. These various treatments frequently overlap the boundaries of specialties and highlight the need for careful evaluation of such patients at multi-disciplinary teams. Similar 5-year survivals are evident across the varying modalities of therapy reviewed; however, the underlying disease burdens in these patients are not directly comparable. It would seem that down staging to resection should be the main goal of treatment, since this strategy carries with it the potential for cure. The possibility of a stage liver resection should be considered, and this can be combined with portal vein embolisation or ablation of lesions in remaining segments of the liver as a “bridge” to the second resection

(Fig. 2). However, flexibility is essential and combinations of different treatments should be also considered. A nihilistic approach should be avoided at all costs and all surgeons treating these individuals must keep up-to-date with the current literature reporting on outcomes following such multi-modality therapy.

Conflict of interest statement

None declared.

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